

INBALANCE

Monthly Update from inBalance - October



FITNESS CLASSES

inBalance has made some changes to the daily fitness classes. Be sure to visit springfieldmo.gov/inBalance to see when your favorite class will be held!

MAMMOGRAM BUS

The Mercy Mammogram Bus comes to Government Plaza October 9th & 24th. Visit springfieldmo.gov/inbalance for registration details!



COMING SOON!

inBalance and Mercy will be sponsoring a cooking workshop starting late October. Keep an eye out for more details to come!